

Mac-Jac contract war on

Fickle tactics on the part of the John Abbott College Administration during contract negotiations with the Macdonald Student Society concerning the use of the Centennial Centre has resulted in a partial lockout of the JAC students. Special privileges in the C.C. are no longer extended towards the JAC students and they are no longer admitted into the lounge or the Bar Disco. In addition a complete ban on all JAC rental reservations in the C.C. has been implemented.

This turn of events comes about after preliminary contract negotiations between the JAC administration and the Mac Student's Council reached an impasse. The JAC party initially offered a contract worth \$5,000.00 for the use of the C.C. Student's Council countered this offer with a demand of \$25,000.00. This was soon followed by a letter from Keith Cassidy, JAC comptroller representing the JAC Administration Group, clearly stating that the Mac contract proposal was totally unacceptable. Council then immediately forwarded letters to Mr. Bruce McAusland (Director General, JAC), Mr. Keith Cassidy (Comptroller), Mr. Glen Ruiter (SUJAC Trustee) and Mr. Jean-Paul Bourgon (Physical Facilities) informing them that all rental reservations for the weeks of September 22 would be cancelled.

The JAC administration, upon receipt of this letter promptly jumped the bandwagon and contacted Dean Blackwood concerning the cancellation of the Community Awareness Days and the Blood Drive. The Dean then got in touch with Grant McLean, President of the Mac Student's Council, and relayed the JAC's concern. However, at the wishes of the Student Council, he decided to curtail any further involvement in the matter. Council let it rest, preferring to let the JAC Group make the next move. They didn't have to wait

long.

An appeal group, consisting of Keith Cassidy, Glen Ruiter, Phyllis Blaukopf, and Dave Muir approached Council and agreed to reopen contract negotiations in the hope of reversing Council's earlier decision to cancel all reservations for JAC activities. Council then held an Emergency Executive meeting and decided to allow only the Blood Drive to continue as scheduled, for humanitarian reasons, and a letter to this effect was forwarded to members of the appeal group. However, after a council meeting Tuesday night, at which Mrs. Barbara Ford, in charge of the Community Awareness Days and Blood Drive, appealed Council's decision, this policy was rectified to allow the full event to be staged as planned, with the stipulation that JAC participation for the publicity and recruiting purposes be completely eliminated. This decision was in no way affected by an earlier threat on the part of a JAC lawyer that injunction proceedings against the Macdonald Student Society would be filed in order to allow the Community Awareness Days to be staged.

Due to the contemptible and capricious methods used by the JAC administration throughout the contract negotiations, Council decided that the partial lockout of JAC students, as well as a ban on all rental reservations involving JAC activities would be in effect until such time as a suitable contract is signed.

A strong show of solidarity on the part of the Macdonald Students at this time could go a long way to effectively reclaiming a building for which they pay \$21.71 each year. Mac students have been complaining for a long time that they are a minority in the Centennial Centre. This is their chance to prove otherwise by coming back to the C.C.

Neil Stapensea
Centennial Centre Chairman

Don't get sick

Welcome back to another thrill-filled year at MAC. Let's take a moment to wish everyone the best of health. You may need it.

Seriously, budget cuts this year have forced McGill to close our infirmary. Oh, it's still there, but it's being run by John Abbott College. Before there is a hue and cry, read on, please. The JAC Administration was willing to have joint usage but the nurse, who is from the Lakeshore General, has orders to treat only JAC students.

It seems we have four choices: 1. get better on our own, 2. hop a bus to McGill and use their clinic, 3. call a doctor (several are listed further on), 4. die. Choose any method that you like, but personally, the fourth leaves me cold.

For the last few days, MAC students who don't have a doctor nearby have been sent to Dr. Jean David, the Registrar. Even though I'm in perfect health, I went to see Dr. David about what we can do, should we need a doctor.

Dr. David was very helpful in

explaining the whys and wherefores and said that if there is a need, we may be able to get a part-time nurse. For now, however, there are several possibilities:

Dr. Chapdelane 16 Ste. Anne St. 457-9515.

Dr. Hackney 42 Ste. Anne St. 457-6972.

Dr. Paquin 113 Ste. Anne St. 457-3542.

Clinic Medicale Dorion Vaudreuil, 455-9301.

McGill Health Service, 517 W. Pine, 392-5441.

For Canadian students your Medicare card will cover the doctor. Foreign students must have insurance. This can be obtained (if you didn't at Registration) from the Cashier's office in the Main Building. The cost is \$85.00 per year. Although this may sound like a lot, the plan has a wide range of coverage and it is a lot better than paying through the nose should you have an accident.

Once again, have a good year and to everyone, enjoy good health.

Dianna Durham



The Harvest

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MACDONALD COLLEGE - QUEBEC

THURSDAY, OCT. 2, 1975

Agricultural students gather in Vancouver

The University of British Columbia in Vancouver, British Columbia, was the host for the fourth annual conference of the International Agricultural Students Association of the Americas (IASAA). IASAA is an organization of agricultural students from all across North America.

The purpose of IASAA is to encourage ideas among colleges and universities; to promote understanding, education, and research in agriculture; to promote cooperation with national and international bodies with mutual interests in agriculture.

Of the 98 delegates attending

the conference this year, 22 different universities from Canada and the United States were represented. Two special guests from Denmark were also in attendance.

Each delegate at the conference gained a great deal of insight into the agriculture of other regions of North America through in-depth personal contact.

The conference included tours of British Columbian agricultural enterprises and lectures and discussions on the theme, "Allocation and Utilization of Land".

On the final day of the

conference, the group resolved that steps should be taken toward legislation in land designation. The group also resolved that cooperation and communication be encouraged within agriculture and also between agriculture and the rest of the society.

President-elect Lyle Stewart adjourned the proceedings by reminding the group that next year's conference will be held at the University of Wisconsin at Madison, Wisconsin, from August 15-21. For further information please contact Karen Kingston, A.U.S. Rep on Students Council. Look for more news on the conference in the next issue.

Campus police enforced?

Due to ever increasing problems in security, (especially in the area of parking) and the lack of supervision at many of the college activities, I and a number of senior Macdonald students believe that the establishment of a Campus Police Force would greatly ameliorate this situation.

The proposed force would be run by the students and would be directly responsible to the college administration, somewhat similar to that in effect at NSAC, which has proven to be successful to date.

Its main objectives would be to:

1. regulate parking including the distribution of tickets and fines for violations.
2. supervise college activities (upon request).
3. provide a general patrol of the campus.
4. control illegal soliciting by organizations.

5. all C.P.F. are to wear an identifying jacket when on duty. 6. this is a paying position - rate is \$2.60 an hour.

I have been so far unsuccessful in establishing such a force at MAC since its rejection by the outgoing student council in April 1975. I have been in contact with Dean Blackwood and to date he has been cooperative. But while sanctioning the project, he has simultaneously succeeded in being noncommittal.

Last year about 100 new parking spaces were created, but due to the lack of distribution of parking permits, no control was made of the number of cars which were allowed on the campus parking grounds. Therefore, this year the C.P.F. would issue parking permits at a slight fee in order to try and control the number of cars.

Upon closing this letter, I ask

all concerned Macdonald students for their support so that we can establish some form of regulating organization. This would hopefully eliminate the chaos which existed last year and is bound to reoccur this year if preventative measures are not taken now. That is, of course, if we are not all too busy to care.

Remo Pasteris



Concerning this year's U3 MAC students

This is our last year and once more the effort has been put in to try to get our class — Class of '76 — together. Up till now there's very little that we have accomplished. It seems that there aren't too many students in Class of '76, or if there are, WHERE ARE THEY HIDING OUT? Just to give

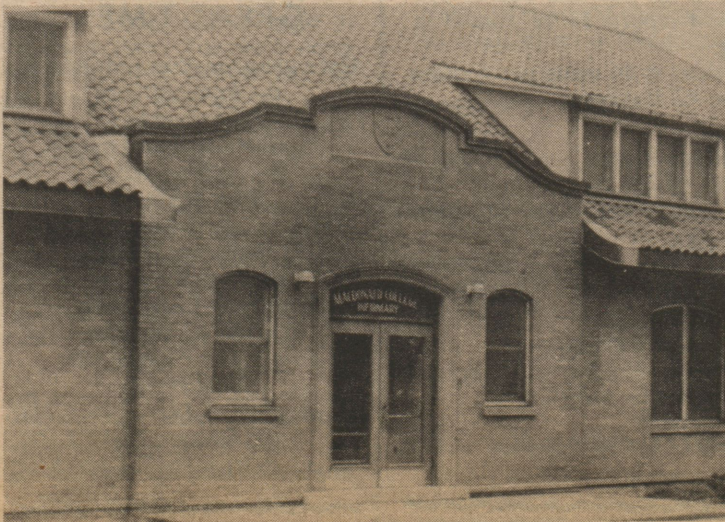
you an idea of the enthusiasm of our class, we launched off with a successful Wine & Cheese Party for the carnival in 1974 — but that was already into second term! It took a whole term to get a few people together to arrive at some decisions. It was a great start, however that's all, because this

was followed by our first Class Party, which was unsuccessful due to low attendance. The past year, only one class party was held — it was lots of fun — but only a small sector of the class attended.

So, this year we try again and ask all U3 students to support your class. Without your interest and help there is little that we can do to keep our class together.

Our first activity (hopefully one of the many more to come) is a class party (B.Y.O.B.) to be held Tuesday, September 30, 1975 at 8 p.m. at the Chalet in the Arboretum. The place is small and cosy, so come join the class for some fun. If you require some transportation, or if you can give a ride to a few classmates, meet in front of Centennial Center at 8 p.m. and we'll get you there. This is last call to all U3 students to come to YOUR class party, because YOU belong to Class of '76.

Helen Kollar



Editorial

Somewhat, late nights seems to be the only time when inspiration comes easiest. Maybe it's because of the fact that after a grueling day at the books, stove and bathroom, your mind rebels and does silly things (that's inspiration?) or maybe, like so many other people, it seems that I just haven't got the time to do it when I'd like so it waits for odd times. It's not only me that has these problems; according to other reports, so do others, especially when asked for help: "Sorry, I haven't got the time . . ." or even more hypocritical, "I'd really like to, but . . ." Now I'm not saying that this is true in all cases. Obviously it isn't, or else you wouldn't be reading this paper, or much less standing on a campus called Macdonald.

If other people wouldn't do your fighting for you, there would be nothing left to fight for - this place would be called JAC, as simple as that. I hope that you are all suitably proud of the actions taken by our Council with respect to the negotiations presently under discussion (provided that JAC stops sulking in the corner and becomes reasonable, and resumes). For once someone from Mac (even though we may be speaking representatively) has stood up, stated a case clearly and concisely and laid down the law, instead of having a cowed Mac representative accepting any sort of chicken shit.

Everyone complains about lack of representation on committees, in associations, and at functions - of course if the complainers would get off their derrieres, and get involved - ie. DO SOMETHING, the situations would probably be reversed. Have you ever noticed how ants, working together manage to get even the most

impossible things done, and in record time with little argumentation? Why can't people be as smart as that? Talk is always easy, but the implementation of discussed principles, ideas and plans is a whole different story. Don't tell me about apathy either - it's a psychological phenomenon that covers up for a secondary trait or failing occurring in a high percentage of most people in varying amounts. What is this strange and crippling defect you ask? Very simple, in layman's terms it is commonly referred to as 'laziness'. Thank the seven stars that it is not shared, and that its counterpart (enthusiasm) can often become contagious. Were it not for the dedicated few that really compose the Mac we think of, things would be in a very sorry state indeed. I ask you, however, do you think that it is fair that the whole job of representing all 616 (excluding postgrads) of us should fall to a handful of hard working students? Don't you think that someone should share their load, even a little bit? Responsibility is a frightening thing, I realize, but someone once told me that it is also a very important and good thing when it comes to character development and sociological adjustments (you become irritable and hard to get along with).

If you stop to think about it, all your life you have been accepting various degrees of responsibility, each one a little more demanding and involved - assuming a little more, of a different type, now and then certainly can do you no harm. Besides, horror of horror, you might suddenly find yourself enjoying the challenge it represents, be it physical or mental.

R. Becker



An open letter to all women:

Yes, you've probably suspected it all along. Maybe you even knew. But I've got to tell you anyways. All those dates, all the dinners, the wine by candle light, and the long walks in the Autumn. Those days we sat through your boring discussions. Your endless chatter. Yes, after all this time we've been after only one thing. YOU GUESSED IT!!! AND GOD HELP YOU IF YOU DIDN'T HAVE THAT.

And what do you do, you plop right down on it, and read a magazine or study, ignore it,

torture us. You'd think just once, JUST ONCE, while you were sitting there rocking back and forth you'd look up and say, "Hey you, while I'm sitting here reading this magazine why don't you come over and have a go at my breasts and buttocks. I'm not using them. But no. NO. NO. NO!"

Jumping Jesus, Holy Mother of Christ, don't you care? Don't you have any feelings? But, no, you wouldn't know how it feels to have this thing that for no apparent reason instructs your body to pour hot blood in your middle extremities, making your head go dizzy, your lungs stop breathing, your eyes go blurry. But no, you wouldn't know.

However, now you know, and you want to do something. Well, there is something you can do. Put on a nice sexy negligee, lie down on the bed, be quiet, and we'll be right over. But remember, be quiet.

P. Lazarus U III

The Harvest

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Artist: TBA

Letters

Faculty apathy may force cancellation of Fall Royal

This year, the Macdonald College Royal is supposed to be held October 17, 18, 19. However, owing to the prolonged apathy towards the Royal exhibited by the Faculty and Administration of Macdonald College, disgruntled and disillusioned Mac students are ready to throw in the towel as far as the Royal is concerned.

It is simply appalling that the Faculty and Administration take so little interest in an event which plays a major role in ensuring the well-being of the entire Macdonald community. While the Faculty and Administration of other universities go out of their way to support their Open House, the hierarchy of Macdonald College stand idly by, unco-operative with efforts by the Student Society to prevent an extravaganza from which they stand to benefit the most.

Instead, the Student Society must deal with a hierarchy that reverses an earlier decision to cancel classes for a Friday afternoon, preventing Mac students from enjoying or participating in many activities of the Royal. They have also refused the provision of funds for transportation and publicity for the Royal. In addition, a majority of the Faculty have declined to offer any substantial assistance to students willing to present displays, let alone getting involved themselves. If the students can find the time and energy to get involved, why can't faculty?

At a time of increasing public concern towards Agriculture, and projected decreasing student enrollment, it is imperative that a competitive College utilizes all the resources at its disposal in order to sustain public awareness and to attract potential students. However, it has become painfully apparent over the last few years that the Macdonald Student Society has had to assume this responsibility. Although many conscientious students have managed to present a respectable College Royal throughout, there is little doubt that with considerably more co-operation and assistance on the part of Faculty and Administration, Macdonald College could put on a truly impressive Open House of which we can all be proud, as well as strengthening the position of the College as a whole.

Neil Stapensea
Fall Royal Vice-Chairman

Poetry

Why call me Mac?
That's not my name.
Why bother with identity?
Just say that I live
on John Abbott Campus.
If you must say something,
say that.

You May Win

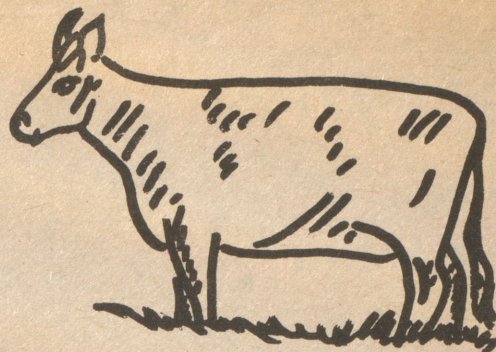
FREE BOOZE
As Well As
HAVING A
GREAT TIME

Get a gang together and come to the Annual Dance
Sponsored by:

The Beaconsfield Annual
Soccer Association
Time & Place:

9:00 p.m., Saturday, October 4
C.C. Ballroom, Semi-formal
Continuous Bar & Buffet
Raffle & Door Prizes
Tickets: \$7.50 (each)
Music: Ted West and the
West Winds

Information: G. Dutton 457-5742,
Steven Savage 679-3717,
or inquire at the C.C. desk



"BEEFS"

Returning students:

Has the Registrar's office figured out why a number of U2 and U3 students were late registering? The number of students who returned and registered on the right day must have done so by the "Luck of the Irish"; since there was no letter forwarded to students notifying them of the date and time of registration. If increased enrollment is wished for at Mac, surely personal contact with students is desirable.

Open letter to Macdonald irresponsible chairman:

This is an open letter to criticize all our department chairmen in their basic education. Students go through a lot of trouble to hand in their term papers on time. Why can't chairmen do the same with their correspondence? They tell us to take our responsibility, but so they take theirs when it comes to Fall Royal? NO . . . Your apathy is atrocious! 153 Students have signed at registration to participate at this Fall Royal, and they are! All the 25 positions (executive, working committees) are filled, yet we have no staff advisor. Nobody has the time. But how come then, that students have the time to organize a student recruiting event for this college? They do not gain anything but experience! It is the administration which profits from this free publicity, yet they do not contribute a single penny, much less a thought . . .

So why do you always want to use all last year's posters and displays. Why don't you want to renovate? Maybe it is because you think that it is still for high school kids, but it is not anymore. The visitors are now CEGEP students, and they are not kids to be amused with a 'paper' set-up! Stop daydreaming and start participating instead of putting blocks in our way.

Diane Lyse Benoit
Frustrated Chairwoman.
P.S. First answer the question-

aire letter that you have received. Thank-you.

To all would be chefs using residence facilities:

Don't bother to try and have toast for breakfast - the toaster is broken. If you wanted to eat broiled chicken for supper, change your mind, the oven is broken and the repairman says he can't (or won't) fix it. Go to the kitchen, and cook something else, if after seeing the pig-stye mess it is in you still feel hungry. Personally, I think I'll get a cast iron stomach, and feed myself intravenously, rather than fight over kitchen space and stare at splattered suppers. Could someone please explain to me why it is that the kitchens, which are, by the way, cleaned every morning, are absolutely filthy come the middle of the day? As if the mess on the stoves, and in the sinks isn't enough, the tables are often left in a sorry state so that you have nowhere to set all your cooking materials. If everyone would take just a little consideration of others, and assume responsibility to clear up at least the worst of the mess they create while cooking or using the kitchens, things might even become bearable. I am perfectly willing to clean up my spaghetti sauce that splatters the stove, provided that I don't have to push my sponge through umpteen other remains and layers of grease to do it. Also, contrary to some beliefs, I was not brought up to eat in the dirt, so I would appreciate if the last person using the table would clean up after them. You are all living in residence, and rough as it may be, if everyone cooperates, life could be quite pleasant. That such points which should be a part of everyone's nature and common cleanliness need to be pointed out is a real shame. With a group of young children it is a different matter, but I always thought that by the time this stage was reached, the case was one of young mature adults. Or is it?

Sick of the inefficiency of the establishment and attitude of individuals.

CAREERS

Public Service Canada

The Federal Public Service is now recruiting graduates of '76 for careers next spring in the areas of:

Applied Sciences
Social-Economic Sciences
Pure Sciences
Health Sciences
Administration

Applications must be postmarked no later than MID-NIGHT, October 14, 1975.

GENERAL EXAM: October 21, 1975, at 7:00 p.m.

FOREIGN SERVICE EXAM: October 22, 1975 at 7:00 p.m.

PLACE FOR BOTH EXAMS: C - 250

Information and application forms are available at your Campus Student Placement Office.

This competition is open to both men and women.



Public Service
Canada

Fonction publique
Canada

Campus activity &
general announcements

RIDE NEEDED - Lachine to
Macdonald along 2 & 20 for 9:00
a.m. classes. Call Heather 634-
0985.
All those interested in buying a
nylon MAC jacket (approx.
\$27.00) please inquire at the CC
desk as soon as possible.

WHEN MONEY TALKS
Presidents and Treasurers of
Macdonald Clubs and Societies:
Here is your chance to learn what
procedures and regulations to
follow in order to acquire funds
for your activities from the
Student's Council. Bring your
questions and a pen to the CC
Wednesday, Oct. 1, 7:00 p.m.

TYPING - MAC Students! Need
those term papers typed? No time
to do it? Tired of the two finger
method? Well, call on Laura in
Stewart Hall, Room 326. Reason-
able rates.

Blood-boiling suspense and
lung bursting competition, or a
scenic trip through the country-
side? Le Grand Tour du Macdon-
ald College. A Bicycle Race
during the Fall Royal, Sunday,
Oct. 19. Sign up at the CC desk.

Congratulations to the Winning
Team in the Scavenger Hunt:
Rick Oliver, Heather Edwardson,
Judy Fenwick, and Christian
Chabot. You can pick up your
prizes at the C.C. Desk.

ATT.: U I - There is such a
thing as a UI class and a UI class
executive. Be on the lookout for
the upcoming notice for the first
UI class meeting.

ATT.: U II - Alas! Ex-UI
comrades. We are about to have
the first UII 75-76 Party!
Unfortunately, business is first.
Watch out for the first UII rant
and rave session, October 2
(Thursday). Posters will be up
with more details.

All you undiscovered geniuses,
and thumb-twiddlers out there -
now is your chance to get involved
in something challenging. Sup-
port the paper - write, come to the
meetings, help out in putting it
together (we will train you), or
just give us your support in
reading and comments. Positions
on staff are still open (unfortun-
ately). For more info, inquire at
the C.C. desk or ask for
Rosemarie in Laird 475.

PUBLICITY COMMITTEE -
Now Open. Need People for
positions and poster production!
Contact: Mike, at the C.C. desk.

ATTENTION . . .
ALL: U3 - Agriculture, Food
Science, and Dip 2 -
GRAD PHOTOS
When: Wed., Oct. 1, and Thurs.,
Oct. 2.
Where: C.C. Publications Office
(Baseament)
Cost: \$5.00 per person
Dress: Girls - open necked
blouse, preferably light coloured.
Guys - tie and dark jacket.
Sign-up at the C.C. desk for
appointment for picture to be
taken.
Please note - For photographic
reasons it is preferable not to
wash your hair for a minimum of 2
days prior to picture taking.
For further info. contact: Helen
Kollar, 457-6596.

Photography
Society

One thing that is bothering
Mac students these days is the
lack of identity. Granted, with
4,000 or more JAC students it is
difficult. There is a certain
amount of apathy involved in the
problem as well. The only way to
develop community spirit is to get
involved - PARTICIPATE!
One of the fads of the time is
photography. Macdonald College
has a Photography Society that is
open to any Mac student.
However, we need members.
Why don't you join? Now don't
back away because you think you
never had any experience or you
don't have time, because you
really do. With a little bit of
practice you too will have a print
good enough to put in the display
cases at either biology building or
the Centennial Centre. Also,
think of the thrill of having your
first picture in the Harvest
newspaper.
As well as taking photos for the
college, the member will have an
opportunity to further develop his
photographic creativity. This is
possible through the society's
dual purpose - a college photo-
graphy department and a club for
the students.
This society cannot operate
without the support from its
members. Meeting notices are
posted around the college, or
leave a note at the C.C. desk if
any questions arise. Remember,
that the more work you put into
Macdonald College the more you
personally achieve from it. This
goes for the photography society
as well! It is your society, and if
you have any ideas of things you
want done, just contact me as a
member. Your education does not
lie in textbooks alone, but also in
the extracurricular activities - the
Photography Society. Get Involv-
ed!!

Grant Vipond
(Director Photo.
Society 75-76)

"CLASSIFIED"
ADS

To Pete R.: Since when does a
wildlifer prefer a swimming pool
to the Bar Disco?
In Memorandum: Our sincere
sympathy to a cookie and a potato
man.
Wow, M.H.'s lily white legs . .
R.P. - I hear you did a lot of
unpaid overtime this summer!
With whom may we ask?
K.K., are you really the
...est George has ever seen?
Dear D.D.: You're worth a buck
to me in more ways than one.
Stewart Hall, virginity preserva-
tion society.
N.S., was it your vivacity,
charm, or cackling laugh that
drew George like a magnet to
your side (all night long)!
C.M. - What happened to your
face? Have an allergy?
Latest from Arundel: "Flash-
ing Mikes" fall preview of
eveningware, Deep Blue Stan-
fields, white trimming, was
revealed for all on the board walk
under the full moon.
To Robert P.: Lots of girls like
to swim; but where are your
changing rooms?

Last Will and
Testament

Being of sound mind and body,
we wish to leave, for the benefits
of future degenerations, the
following:
Mike at the bus stop.
Bob more train stations
Karen: Mike, Bob, Neil, George,
Grant, Dr. Huekel, Jan, Grant,
Tom, Dick & Harry.
Caren another Finance Meeting.
Anna a broken ankle, a new coat,
and corn.
George blitzed.
Grant MOOSE.
Grant V. the latest in anti-snore.
Ellen apples in her salad.
Dr. Huekel more film.
Helen a navigation course.
Stapensea out of my car.
Diane to recover.
Mrs. Vauthier another breakfast.
Wanda on the pyramid.

Athletic Activities

Intercollegiate
Rugger: The Mac-Jac Rugger
team is practicing on the upper
field at 5:30 P.M. during the
week.
Golf: QUAA Championship will
be held Oct. 2, 3 in Sherbrooke.
Try-outs for team will be starting
Monday, Sept. 15 at 12:00 noon
on upper field. Pete Arntfield will
be coaching.
Interclass
Golf: Tournament to be held
Sept. 29. Sign up on Main
Building bulletin board. (Fresh
Meadows) Beaufort.
Harrier: Tournament will be
held in early October for the 2 1/4
mile cross-country run in the
Arboretum. Sign up at BH 160 or
Main Building bulletin board. Jim
Valerianos will co-ordinate.
Hockey: Interclass schedule
begins Oct. 9th. Get your team
lists in immediately to BH 160.
Co-ordinator will be Rick Walter.
Volleyball: Interclass or De-
partment teams must have lists in

by October. Monday nights in
Brittain Gym.
Instructional:
Early Morning Fitness: Begins
Sept. 15th at 7:00 A.M. at Main
Field. Has begun - Mon. thru Fri.
Ballroom Dancing: Begins Oct.
2nd with 2 sessions at 7:00 and
9:00 P.M. on Thursday nights.
Please register with BH 160 or
457-6580 Ext. 324. Cost - \$20.00
per couple.
Outdoor Ed.: Drop in to
Outdoor Ed room in Brittain Hall
anytime between 9:00 A.M. and
5:00 P.M. to see what is available
to you.
Recreational:
Swimming: Times will be
posted.
Skating and Shinny: Begins in
Oct.
Jogging: 100 mile club opening
up. Let's see if you can earn that
sweat suit.
Dance & Phys. Fitness: Tues.
7:30 - 9:30 P.M. Stewart Gym.
Badminton: Wed. 8:00 - 11:00
P.M. Stewart Gym. Equipment
supplied - Please bring ID.

Too much
sleep causes
exhaustion

As the alarm goes off, you
curse and almost throw the poor
thing on the floor to quiet it,
before everyone else pounds on
your door. After all, it is an
ungodly hour of the morning, 6
A.M. The cold creeps in over the
bedclothes, and all you want to do
is draw the covers tight and go
back to sleep - after all, you are
tired . . . Making up your mind,
you crawl out reluctantly, and
look out through the slats in the
blind. Although it is relatively
dark, the first pale threads of the
light are beginning to show. As
you stand there, the sunrise
unfolds. Hell, it was worth it to
get up to see that - how many
other people will be able to say
they saw the sunrise this
morning? The clock says 6:10, so
you dash off sleepily, wash, and
get dressed, trying to gulp down a
spoon of honey and an apple at
the same time. You walk down
the stairs, meet the others, and
pile into the van, arguing over
who gets to sit where, and why is
the damn bus so cold? When you
reach destination point, a mad
melee for the door results. To
warm up your frozen posterior
(those seats really are cold), you
run the length of the driveway,
doing 10 pushups at each end.
When nobody is looking you
cheat, but Watson catches you
and yells "Hey, even the girls can
do better than that!" By this time
you are feeling really good and
even awake; you peel off the 2nd
(Continued on page 4)

MACDONALD ATHLETICS
Activity Dates Running Co-ordinator
Intercollegiate:
Rugger Sept. - Nov. Bill Tierney
Skiing Jan. & Feb. (5 tournaments) TBA
Curling Feb. (tournament) TBA
Woodsmen UNB tournament in Oct. Bob McClelland
Mac tournament in Feb.
Interclass:
Woodsmen Feb. - Tournament Bob McClelland
Harrier Oct. - Arboretum Jim Valerianos
W-Broomball Nov. - Feb. Chris Chasse
M-Broomball Oct. - Feb. Don Mason
Table Tennis Feb. - tournament TBA
Table Hockey March - tournament TBA
Tennis
Skiing Winter Carnival - tournament TBA
Mini-Festival Nov. - 1 day Bill Ellyett
Hockey Oct. - Feb. Rick Walter
Badminton Feb. - tournament Peter Arntfield
Basketball Nov. - Feb. TBA
Volleyball Oct. - Feb. Ray Perron
Curling Oct. - March Wanda Traineer
Flag Football Sept. - Nov. Kendall Scott
Instructional:
Early Morning Fitness Sept. - April Bill Ellyett
Ballroom Dancing Oct. - March Erika Baird
Phys. Fitness & Dance Sept. - March Andre Begin
Swimming Oct. - March Robert Purenne
Outdoor Ed. Sept. - March Mike Arnkvann
Note: Macdonald students may join any JAC instructionals
by contacting the Macdonald College Athletic Director.
Recreational:
Skating Tues. & Thurs. 12:00 - 1:00 p.m. Bill Ellyett
Sat. - 7:00 - 9:00 p.m.
Shinny Hockey Mon., Wed., Fri. - 12:00 - 1:00
p.m. Stewart Gym
Badminton Wed. - 8:00 - 11:00 p.m.
Swimming Times will be announced for
Brittain & Stewart Pools. (Brittain
already up)
Jogging 100 mile club - with a group or on
your own time.
MORE INFORMATION IS AVAILABLE BEFORE
ACTIVITIES BEGIN

Wake up to
"ALIVE '75"

The Fall Royal Committee has
all its staff! Now it is the turn of
the student community to get
involved in their individual
department. Ask around! Some-
body is bound to know where help
is needed. There are a lot of
events coming up!
Tuesday through Thursday, Oct-
ober 14-16:
Noon-time activities
(we need crazy ideas; contact
Mike Duncan B.H. #385)
Tuesday, Oct. 14, 1975:
Beer Bash: 8 P.M. - 1 A.M.

Thursday, October 16, 1975
Wine and Cheese Party: 8 P.M. -
1 A.M.
Friday, October 17, 1975
Cow milking contest: noon
Tractor Rodeo: 2 - 5 P.M.
Saturday, October 18, 1975
Livestock Show: 10 A.M. - 5 P.M.
Displays: 11 A.M. - 5 P.M.
Woodsmen demonstration
Sunday, October 19, 1975
Bicycle Race: 11 A.M. - 12:30
Displays: 11 A.M. - 5 P.M.
Woodsmen Demonstration

Larry Smith and Steve Ferrughelli invite you to be the next Miss Alouette!

Girls! You could be Miss Alouette this year!

Enter the Miss Alouette 1975 Pageant and you may be the lucky winner, like Melanie Strauss last year!

Miss Alouette 1975 will receive over

\$5000

worth of prizes,

Plus a trip to Calgary, accompanied by a chaperone, to represent the Montreal Alouettes in the 1975 Miss Grey Cup Contest.

N.B. Employees of Steinberg's Limited, Miracle Mart, or any subsidiaries and affiliates, or their immediate families are not eligible.

Prizes to be received by Miss Alouette 1975

If Miss Alouette 1975 is a student, she will receive a \$250 scholarship from Steinberg's Limited. Use of a 1976 Avis Transport Co. of Canada Ltd. car for 6 months. Round-trip air tickets to Calgary for Miss Alouette and chaperone.

Plus many more valuable prizes!

Prizes for all finalists
\$100
worth of prizes for each.



MISS ALOUETTE 1975



Melanie Strauss, Miss Alouette 1974, shown here with her Avis Canada-leased Duster, accompanied by Larry Smith and Steve Ferrughelli.

HOW TO ENTER

If you are a single girl, without professional modelling experience, are between the ages of 18 and 22, and have lived in the province of Quebec for one year, you are eligible.

Entry forms are available in all Miracle Mart stores in the Montreal, Three Rivers and Sherbrooke areas. Just complete your entry form, attach the required photographs, and return to your nearest Miracle Mart store before September 30th.

Store addresses:

CAVENDISH MALL

5800 Cavendish Blvd., Côte St. Luc, Montreal, P.M.

REGIONAL SHOPPING CENTRE

180 d'Anjou Blvd., Chateaugay, P.Q.

PONT VIAU SHOPPING CENTRE

1055 Laurentide Blvd., Laval, P.Q.

GREENFIELD PARK SHOPPING CENTRE

399 Taschereau Blvd., Greenfield Park, P.Q.

BOULEVARD SHOPPING CENTRE

4325 Jean Talon Street East, St. Léonard, P.Q.

WEST ISLAND MALL

3205 Sources Road, Dollard des Ormeaux, P.Q.

ST-MARTIN SHOPPING CENTRE

1101 Curé Labelle Blvd., Chomedey, Laval, P.Q.

PLACE LASALLE

7850 Champlain Blvd., Ville LaSalle, P.Q.

PLACE VERSAILLES

7455 Sherbrooke Street East, Montreal, P.Q.

PLAZA ALEXIS NIHON

Atwater at St. Catherine, Westmount, Montreal, P.Q.

PLAZA COTE DES NEIGES

6700 Côte des Neiges, Montreal, P.Q.

PLACE LONGUEUIL

3 Place Longueuil, Longueuil, P.Q.

GALERIES LACHINE

2800 Remembrance Road, Lachine, P.Q.

CENTRE COMMERCIAL LES RIVIERES

4025 des Forges Blvd., Trois-Rivières, P.Q.

PLACE BELVEDERE

500 Belvedere Drive South, Sherbrooke, P.Q.

Or mail it to **Miss Alouette 1975 Pageant Committee**
Miracle Mart Division
1500 Atwater, Montreal H3Z 2W2

MIRACLE MART

JUDGING OF THE MISS ALOUETTE 1975 PAGEANT

SEMI-FINALS

26 finalists will be selected from 100 semi-finalists at the following centres:

Les Rivières, Trois-Rivières

9 p.m., Thursday, October 9th
5 finalists to be selected

St. Martin Shopping Centre, Laval

9 p.m., Friday, October 17th
4 finalists to be selected

Place Longueuil, Longueuil

9 p.m., Friday, October 17th
4 finalists to be selected

Place Belvedere, Sherbrooke

9 p.m., Friday, October 10th
5 finalists to be selected

Place Versailles, Montreal

9 p.m., Friday, October 17th
4 finalists to be selected

Galeries Lachine, Lachine

9 p.m., Friday, October 17th
4 finalists to be selected

FINAL

Miss Alouette 1975 will be selected from 26 finalists on Friday, October 24th, 1975 at 9 p.m. at the Gala Miss Alouette 1975 Pageant in the Alexis Nihon Plaza Atwater at St. Catherine Montreal

Judges for the Pageant will be drawn from the fashion and sports world.

Too much sleep causes exhaustion

(Continued from page 3)

of the 6 sweaters you put on. The saws come out and everyone dashes off to find logs to put on the sawhorses. Then competition starts - you try to saw faster than the others, but somehow your partner is not letting you pull them through, and the cookie that is cut ends up breaking - "Quick, quick," shouts everyone else, "cut another." Swearing under your breath, you vow to show up everyone when you get the Swede saw in your hands, to make matters worse, someone else threatens to use your head as practice for the axe throw. Now that you've loosened up, you

mosey on down to the pit and throw some pulp - if nothing else, it is a good way to work off some of your frustrations. Meanwhile someone has gotten smart and volunteered to boil water. Beginning with a cedar log, they split, and create chips, and kindling, which, with the aid of three matches, they light. The pot is set into the formation and they continue building the heat. Within 2 minutes, the water bubbles over, and you realize that coffee made with that would have been very soapy anyhow. Someone else is imitating the fire-makers on a large scale, notching

a log. Watson comes over and tells them to stop trying to dislocate their shoulder, demonstrates the 'proper' method to be used, and then watches them ferociously while they practice. With a mad yell, everyone takes off to the side of the barn for 'Twitching & felling'. You wonder what kind of disease it is, until you see the tree, 2 axes, and coiled rope at its base. While 2 others chop, the rest stand in anticipation - crossing their fingers that it will fall in the predetermined place, and keying themselves up to haul it away. It crashes down, and you're off.

Someone expertly ties the rope, and between tripping over the guy in front of you, and running hell for leather, you cross the 'finish' line. "Terrible", complains Watson, "now this time don't fall asleep...". Just as you hear the rasp of a chain and the whine as it eats into the wood, someone yells, "Hey, it's 8:00!!". Everyone dashes back to the driveway, runs their lengths, does their pushups (no cheating this time), and grabs their stuff on the way to the bus. As you sit in the bus, joking, you realize just how much fun this "Woodsmen Association" is.

If you would like to give it a try, come out to practices. Guys and Gals are needed to make up the teams which will participate in the competition at U.N.B. in October. Practices start September 29th (Monday), and the van will stop at Brittain Hall at 6:30 A.M., then at Laird Hall, on its way to the Arboretum.

Why don't you try something enjoyable and rewarding for a change? See you... yawn... in the morning!

R. Becker